



COOPERATIVE ELDER SERVICES, INC.

ADULT DAY HEALTH CARE PROGRAMS

Benefits of Adult Day Health Services

Adult Day Health and Alzheimer's Day Services are designed to meet the physical, functional, social and emotional needs of the elderly and disabled adults. The goal is to help elders remain in the community for as long as possible. Caregivers benefit from respite care, social service support, support groups, education on elder care issues and coordination of medical care for their loved ones.

Frequently Asked Questions

What types of services are included in Adult Day Health?

Adult Day Health Services provide a safe structured day time environment which includes nursing care, medication management, therapeutic activities, social services support, and socialization with peers, a light breakfast, full hot lunch and afternoon snack. Door to door transportation can also be arranged. Our programs are open Monday through Friday 8:00 am – 4:00 pm. Our Arlington site offers a Saturday program.

What type of nursing care is included in Adult Day Health Services?

Our nursing department, which consists of RN's and Geriatric Nurse's Aides, oversees the health needs of our clients. The nursing approach to the delivery of care is palliative, compassionate and caring. Upon a client's admission, a physical and mental status assessment is completed. The information gathered from the assessment is used by the multi-disciplinary team to develop an individualized care plan. Monthly assessments are provided to promote good health and optimum functioning. In addition, the nursing department maintains contact with each client's physician and other health care providers. Our licensed nurses are available to administer and oversee medications and provide medical treatment ordered by the clients' physician. Referrals can also be arranged for physical therapists, occupational therapists, and mental health specialists as part of our adult day health services.

Does the program serve individuals with dementia or Alzheimer's disease?

Our program is tailored to meet the specialized needs of individuals suffering from Alzheimer's disease and related dementias which include small group activities, close supervision at meal time, and caregiver support. Failure-free activities are designed to target long-term memory and allow clients to optimally use their remaining cognitive skills while enhancing self-esteem and dignity. Staff has been trained in the best practices of Alzheimer's care including communication techniques and behavioral interventions.

What types of activities are offered during the day?

The activities department consists of an experienced activities director, program assistants, and volunteers. The goal of our activities department is to provide an environment in which elders have an opportunity to socialize, participate in meaningful activities, and exercise their minds and bodies. All of our planned activities are geared towards promoting independence and self-esteem. Activities include exercise groups, current events and news, trivia, word games, arts and crafts, poetry, bingo, cooking groups, armchair travel, sing-a-longs, live music, and entertainment, physical games, gardening, men's group, and special events.

What type of support is offered to caregivers?

Knowing that one's loved one is safe during the day allows caregivers to work, fulfill family commitments, and take a much needed break. We also provide on-going support to families including educational workshops, support groups and individual counseling.

What is the cost of adult day health services? Are there resources available to help with reimbursement?

Our adult day health services are reimbursed by MassHealth, State Home Care, the Veteran's Administration, some long-term care insurance and private pay fees. The private fee of adult day health services ranges from \$57.00 to \$72.00 a day based on the client's needs. Adult Day Health Services is a cost-effective alternative to in-home care and premature nursing home admission.

How does a person sign up for the program?

The first step is to arrange a tour and meet with the site social worker who will provide an overview of the program and help you complete necessary paperwork. Once a doctor's order is obtained a weekly schedule can be arranged.

Caregiver Testimonials

"This program has been a great support to both of us! For my husband, who has Alzheimer's disease, the routine and structure are comforting, and the kindness, cheerfulness, and encouragement of staff are more than supportive. Over time he has grown to feel a real sense of belonging and commitment to his friends at CESI, both staff and clients." - **Lexington caregiver**

"I hope you will be there when it is my turn. You have renewed my life by taking care of my parent." - **Burlington caregiver**

"I would have never survived without this program. My mother talks about the daily activities, food and team and a beautiful and "full" day that she has at the program." - **Burlington caregiver**

"I find the nursing staff very knowledgeable, available and helpful" - **Milton caregiver**